

ABSTRACT

BACKGROUND:

The aim of this study is to study the occurrence of dyslipidemia and pattern of dyslipidemia in newly detected diabetes and study the association between anthropometric measures, lipid profile in newly detected diabetes mellitus patients.

PATIENTS AND METHODS:

This is a cross sectional descriptive study of 200 cases of newly detected type 2 diabetes mellitus in the medical ward of Coimbatore Medical College Hospital, Coimbatore, from September 2016 – September 2017. Study data consists of primary data collected by the principal investigator directly from the cases of newly detected type 2 diabetes mellitus. The duration of study was 12 months. Patients fulfilling the ADA criteria for diagnosis of type 2 diabetes mellitus who are newly detected type 2 diabetes mellitus and age more than 20 years are included in this study.

RESULTS:

Our study shows that occurrence of diabetes which was attributed to obesity as an important factor need not always be present. There is an increased incidence of dyslipidemia and steatosis in overweight and obese patients. The patients having abnormal waist circumference had high blood cholesterol levels. This predicts the increased risk for CVD and insulin resistance in these patients. Also patients with hypercholesterolemia are prone to develop central obesity.

CONCLUSION:

This study concludes that a newly diagnosed diabetic should be evaluated for all components of metabolic syndrome at the time of diagnosis to start necessary management measures at the earliest and to get the baseline assessment on the probable causative factor for the disease. It also makes it mandatory to assess the anthropometric parameters routinely to predict the cardiovascular risk, mortality and outcome of the disease.

KEY WORDS: Diabetes mellitus, Triglyceride, Cholesterol, Waist circumference

